

## Special Issue

# Physical Activity, Healthy Lifestyle and Well-Being Across the Lifespan

### Message from the Guest Editors

The advantages of maintaining a physically active lifestyle for health and well-being across various life stages are widely recognized and supported by research. However, physical inactivity is a prevalent issue across all ages worldwide and represents an increased risk for health problems. High-priority action is necessary to effectively encourage active lifestyles and health. This Special Issue of *Healthcare* offers a platform for publishing research exploring the determinants and consequences of an active lifestyle to promote health and well-being through lifespan. We eagerly anticipate the submission of original research studies that delve into various forms of physical activity within diverse contexts across all stages of life. We are particularly interested in papers that follow the trajectory of physical activity across all stages of life, specifically those exploring the relationships between physical activity, healthy lifestyles, health, well-being and the quality of life, and also about the determinants and consequences of inactivity or sedentary behaviour.

### Guest Editors

Dr. Luis Cid

Prof. Dr. Teresa Bento

Dr. Nuno Couto

### Deadline for manuscript submissions

closed (31 May 2025)



## Healthcare

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## About the Journal

### Message from the Editor-in-Chief

*Healthcare* is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

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### Editor-in-Chief

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indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

#### Journal Rank:

JCR - Q2 (Health Policy and Services) / CiteScore - Q1  
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manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).